LIMITED TEN YEAR WARRANTY

Conair will repair or replace, at our option, your appliance free of charge for 120 months from the date of purchase if the appliance is defective in workmanship or materials.

To obtain service under this warranty, return the defective product to the service center listed below that is nearest you, together with your sales slip and $5.00 for postage and handling. California residents need only provide proof of purchase and should call 1-800-3-CONAIR for shipping instructions. In the absence of a receipt, the warranty period shall be 120 months from the date of manufacture.

ANY IMPLIED WARRANTIES, OBLIGATIONS, OR LIABILITIES, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTY OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, SHALL BE LIMITED IN DURATION TO THE 120 MONTH DURATION OF THIS WARRANTY. Some states do not allow limitations on how long an implied warranty lasts, so the above limitations may not apply to you.

IN NO EVENT SHALL CONAIR BE LIABLE FOR ANY SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES FOR BREACH OF THIS OR ANY OTHER WARRANTY, EXPRESS OR IMPLIED, WHATSOEVER. Some states do not allow the exclusion or limitation of special, incidental, or consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Service Centers
Conair Corporation
Service Department
150 Milford Road
East Windsor, NJ 08520

Conair Corporation
Service Department
7475 N. Glen Harbor Blvd.
Glendale, AZ 85307

QUESTIONS about your SCALE?

1-800-326-6247
www.conair.com

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Model TH210

THINNER®

Scales for the way you live®

Instructions for use of Thinner® Bathroom Scales

Congratulations! By purchasing this Thinner scale, you've made the first step toward taking control of your weight. To get the greatest benefit from your purchase, please read this entire brochure before using your scale.

Before Using Scale

1. Remove all packaging materials.
2. Set scale on floor. Surface must be level for accurate operation and safety.

Customizing Your Thinner® Body Fat Monitor

1. Tap center of scale platform with foot to activate digital display or press ON/USER button (display will illuminate).
2. Wait for "0.0" to appear in display window.
3. You are now ready to input your personal data. Firmly press the SET button located next to the display.

Enter User Number
- "P-01" will flash in display window.
- Press UP or DOWN arrows to select your individual user number.
- When selected user number appears in display, press SET button to save user number.
- The scale is now ready for you to enter your height.

Set Height
- "Ht" (height) will flash in display window.
- Press UP or DOWN arrows to scroll to your height measurement.
- Press SET button to save height.
- The scale is now ready for you to enter your age.

Set Age
- "Age" will flash in display window.
- Press UP or DOWN arrows to scroll to your age.
- Press SET button to save age.
- The scale is now ready for you to enter your gender.

Set Gender
- The gender icons will flash in display window.
- Press UP or DOWN arrows to select male or female icon.
- Press SET button to save gender.
- The scale is now ready for you to weigh yourself and to determine percentages of body fat and body water.

Using Your Thinner® Weight and Body Fat Monitor

Precautions for Use

CAUTION! Use of this device by persons with any electrical implant such as a heart pacemaker, or by pregnant women, is not recommended. Please consult your physician should you have any questions about the use of this product in relation to any condition you may have, or treatment you may be receiving.

1. Tap center of scale platform with foot to activate digital display or press ON/USER button (display will illuminate).
2. Wait for "0.0" to appear in display window.
3. Firmly press the USER button located below the display several times until your user number appears. Note: The scale will automatically scroll through your customized data, then 0.0 will be displayed.
4. Step onto the scale BAREFOOT, making sure the balls of your feet cover both metal plates. Be sure that your feet are dry before stepping onto the scale.
5. Weight will be displayed for several seconds. Remain on scale without moving!
6. Display will then flash "bf", followed by your body fat percentage.
7. Display will display "H2O", followed by your body water percentage.

Using The Weight-Only Mode

For weight-only mode, no personal data entry is necessary.

1. Place scale on a flat, level surface.
2. Tap center of scale platform with foot to activate or press ON/USER button (display will illuminate).
3. Wait for "0.0" to appear in display window.
4. Step onto scale. Weight measurement will appear in display window.

Facts You Should Know

Your scale is a precise measuring instrument that is most accurate when weighing a stationary object. To ensure the most accurate readings always try to stand on the same area of the scale platform and DO NOT MOVE. Should the weight on the scale exceed the scale's capacity, you may see an error message "ERR".

Electronic sensors are sensitive. Be careful not to drop or jar the scale. Place it gently onto floor surface, and store where it will be protected from impact. The scale is an electronic instrument and should never be submerged in water. Clean with damp cloth and/or glass cleaner.

To replace the batteries lift the battery cover on the bottom of the scale and replace the old batteries with two new 3V lithium batteries (CR2032). **Dispose of the old batteries properly. Do not attempt to open the scale or to remove any components. Servicing should be done by qualified technicians only. See warranty information.**

Body Fat and Body Water Ranges

You and your healthcare provider are the best judges of what a healthy body fat and body water percentage is for your body. The percentages below are offered as guidelines only.

Body Fat:	**Age**	**Females**	**Males**
	18 – 39	21 – 32%	8 – 19%
	40 – 59	23 – 33%	11 – 21%
	60 – 79	24 – 35%	13 – 24%

Body Water:	**Females**	**Males**
	45-60%	50-65%